

## Abstract of the Disclosure

A buffer includes a grommet having a tube portion, an attaching portion and an elastic engaging piece projecting inside the tube portion; an engaging member having an engaging step  
5 portion provided on an outer surface thereof for engaging the elastic engaging piece to prevent the engaging member from coming out in a counter-insertion direction when the engaging member is inserted into the tube portion in an insertion direction; and a damper main member having an abutting portion provided in a  
10 middle in a longitudinal direction for abutting against the engaging member when the damper main member is inserted into the engaging member. A projecting length adjustable device is formed for moving the damper main member in the counter-insertion direction and for fixing a projecting length of the damper main  
15 member projecting from the grommet.